



Troy's nationally accredited Senior Citizen Program provides activities and services to persons 55 and older. The Troy Community Center serves as a focal point where seniors gather for programs offering support, information, activity, socialization and personal growth.

## Senior Newsletter

There are three ways to receive the senior newsletter which is published 10 times per year (the July/August and November/December issues are combined):

1. Pick up a free copy at the Community Center on or after the 27th of the month.
2. Receive the newsletter free via e-mail. Visit the City web site – [www.troymi.gov](http://www.troymi.gov) and follow the instructions on the Parks & Rec/Senior Citizen page to subscribe.
3. Receive it by mail by submitting the fee and the registration form at the back of this book. Troy residents pay \$4 per year beginning in July and prorated quarterly. Pay \$4 on or before 8/15, \$3 between 8/16 and 11/15, \$2 between 11/16 and 2/15, and \$1 after 2/16. Non-residents pay \$10 per year, prorated as above. Ask for Activity #135000E.

**Call today for your complimentary copy!**

## Activities

Activities include sports, fitness and creative arts programs, day trips and extended travel, dances and other special events, federally funded hot lunch program, support groups, cards, bingo, gardening, computer classes, driver's retraining, financial planning, health screenings, volunteer opportunities and more. Call 248.524.3484 for details.

## Services

Services include a homebound meal program, SHARP home repair program, hospital equipment loan closet, paper shredding, computer lab, library outreach, tax preparation, information and referral, emergency cell phones, and low-income food distribution.

## Transportation

Troy Medi-Go Plus provides door-to-door transportation for persons 60 and older Monday-Friday from 8:30 am - 4:30 pm for medical trips inside and outside Troy, to the Community Center, and for grocery shopping (Thursday only).

There is no fee but donations are accepted. Call 248.457.1100.

SMART provides Dial-A-Ride curb-to-curb service Monday-Friday from 7:30 am to 6 pm within the City of Troy. Call 248.362.3436 an hour before desired pick-up time. Troy residents 60 and older and persons with disabilities can purchase half-price tickets at the Community Center.



## Troy Celebrates National Senior Centers Month in September

The National Institute of Senior Centers has designated September as National Senior Centers month.

Senior Centers are evolving to reflect a more empowered vision of aging. They are working to connect older adults with meaningful career and volunteer opportunities, increase their access to benefits and resources, and offer them tools to manage their health and finances. Visit the Troy Community Center during September when we will be highlighting the many programs showing that this year's theme is true: **Senior Centers Work!**

Watch for more details about Troy's National Senior Centers Month celebration at the Community Center, in the **Senior News** and in the local news media.

## Senior Job Fair & Volunteer Expo

Friday, September 19

9:30 am - Noon

Troy Community Center Rooms 304/305

Seniors 50 and over: Find a new job, a new career, or a rewarding volunteer opportunity. Meet with potential employers and with representatives from agencies that have volunteer opportunities.

**Admission is free.**



## Travel

The Troy Parks and Recreation Department offers several one day trips each month and several extended trips each year for seniors. See the Senior News for details. Brochures are available at the Community Center for all overnight trips. Upcoming trips include:

Grand Hotel - Mackinac Island - Act #148918A

September 23-26 - \$675 per person double, \$896 single, \$622 triple. Includes deluxe motorcoach transportation, boat taxi, three nights at the Grand Hotel with breakfast and dinner each day, and more.

Savannah GA/Smoky Mountains Color Tour - Act #148919A

October 18-24 - \$1,149 per person double, \$1,579 single, \$1,099 triple. Wait list.

Branson Christmas - Act #148922A

November 16-21 - \$1,039 per person double, \$1399 single, \$979 triple.

Niagara Falls Festival of Lights - Act #148944A

December 7-8 - \$149 per person double, \$199 single, \$129 triple.

## Sports

**Badminton:** Drop-in Fridays from 9:30-11 am at the Community Center. \$3 per week - no charge for Community Center Fitness members. Partners not required. All equipment is provided.

**Bocce League:** Thursday mornings mid-May- August outdoors at the Community Center. Partners not required.\*

**Bowling League:** Mondays, 1:30 pm at Thunderbird Lanes, September through May. Partners not required.

**Golf Leagues:** A Monday morning league and a Wednesday morning league play at Sylvan Glen.\*

**Pickleball:** Drop-in Fridays from 11 am - 12:30 pm at the Community Center. \$3 per week - no charge for Community Center Fitness members. Partners not required. All equipment is provided.

**Shuffleboard League:** Tuesday mornings mid-May- August outdoors at the Community Center. Partners not required.\*

**Softball - Mens:** Men 50 and older play other cities in Oakland County on Thursday evenings.\* Men 55 and older play other cities in Oakland and Macomb counties on Monday and Wednesday mornings, May - August.\* Men 70 and older play in the Michigan Senior Softball League in Warren on Tuesday

and Thursday mornings. Call Ed Forst at 248.689.6572 about the 70 plus league.

**Softball - Womens:** Women 50 Plus play softball against other cities in Oakland County on Tuesday evenings May through August.\* Call Elaine Torvinen at 248.524.3484 for details.

**Table Tennis:** Tuesdays and Thursdays at 10 am at the Community Center, year round.

**Tennis Leagues:** An informal, free drop-in outdoor league meets on Tuesday and Friday mornings May through September. A Wednesday afternoon league meets indoors at the Troy Racquet Club fall and winter. See the sports section of the fall and winter Troy Today indoor league information.

**Volleyball - Mens:** The Troy men's 55 and over teams play in a league on Tuesday mornings in Warren with practices on Monday and Thursday from 9:30-11 am at the Troy Community Center September through March. See below.

**Volleyball - 50 Plus Co-ed Drop In:** Drop in for pick up volleyball games on Wednesday evenings at the First United Methodist Church on Livernois, north of Square Lake, January through March from 7:30-9 pm.

\*Registration required. See the *Senior News* for details.

## Fitness

All classes meet at the Troy Community Center.

### Aquatic Exercise:

Tuesday and Thursday at 9 am and at 10 am.\*

### Balance and Stretch:

Monday and Wednesday 9 am.\*

### Chair Exercise:

Monday, Wednesday, and Friday at 11 am. Drop-in. \$1.50 per class. (Video - no instructor - on Friday. Friday class is free.)

### Muscle Strengthening:

Tuesday and Thursday at 10 am.\*

### Pilates:

Tuesday and Thursday at 11 am.\*

### Senior Fitness:

Tuesday and Thursday at 1 pm.\*

### Stretch and Tone:

Monday and Thursday at 11 am. Drop-in. \$1.50 per class.

### Tai-Chi:

Mon. afternoons - three levels.\*

### Yoga:

Monday and Wednesday at 11 am.\*

### Walking Club:

Thursdays at 10:30 am. Record your progress on a chart at the Community Center.

### Zumba Gold:

Tuesdays and Fridays at 10 am and Wednesdays at 7 pm. Drop in. \$5 per class

*\*Registration and fee required - see the Senior News for details.*



## Flu Shot Clinic

Shots will be given on Thursday, November 6, 10 am-3 pm at the Community Center.

## Troy 50 + Volleyball Tournament

New

**When:** Thursday, September 25.

10 am - approximately 3 pm

Check in 9:15-9:30 am, warm up 9:30-10 am

**Where:** Troy Community Center

**Entry Fee:** \$48 per team - Act #145900A. Individuals should register for Act #145900B and we will attempt to place you on a team.

**Entry Deadline:** Friday, September 12

**Details:** Number of games will be determined by number of teams to enter. Guaranteed at least three matches. Players must be at least age 50 in the 2008 calendar year. Tournament will be self-officiated.

## Register Now for 55 Plus Volleyball

Two senior volleyball teams for persons 55 and older practice at the Troy Community Center on Mondays and Thursdays from 9:30-11 am beginning September 8. These teams play in a Tuesday morning league in Warren from November through March. Registration is required. The fee is \$40 per person (\$50 for non-residents). To register ask for activity #148970C. To be guaranteed a spot, returning players must register by August 29. New players may register beginning September 2. If interest is sufficient, a third team will be formed.



## SeniorNet®

Bringing Wisdom to the Information Age.

The SeniorNet computer lab at the Troy Community Center features classes for ages 50 and older taught by senior volunteers. Learn to use a computer, access the Internet, and connect to

family and friends through email in a friendly, low-pressure setting. Day and evening classes are offered and they run from one to four weeks depending on the class. Free retakes are offered if you need to reinforce what you have learned. For a complete schedule of classes, see the Senior News or visit the SeniorNet website at [www.seniornet.org/usa/troy](http://www.seniornet.org/usa/troy). Classes include:

**Computer Fundamentals** - For those who have no previous knowledge of computers or feel that technology is beyond them. Become familiar with computer basics while building self-confidence. Two weeks/four sessions/\$34.

**Intermediate Computer Skills** - This course builds on Computer Fundamentals with a hands-on introduction to Windows, file management, word processing, internet, email, and more. Four weeks/eight sessions/\$50.

**Internet Using Explorer Version 7** - Learn to use the internet. Three weeks/six sessions/\$42.

**Introduction to Word Processing** - Learn to use Microsoft Word to create letters and other documents. Four weeks/eight sessions/\$50.

**Windows XP** - Learn the Windows XP operating system including creating folders and finding files, copying and restoring files, backing up, and maintaining your hard drive. Four weeks/eight sessions/\$50.

**Safeguarding Your Computer and Personal Data** - Learn how to protect your computer and personal data. Two weeks/four sessions/\$34

**Digital Imaging Using PhotoShop Elements** - Learn to work with digital photos. Four weeks/eight sessions/\$50.

**Introduction to Genealogy** - Learn to use Family Tree Maker to create your family tree. Four weeks/eight sessions/\$50

**Introduction to Excel** - Learn to use Microsoft Excel spreadsheet software. Four weeks/eight sessions/\$50

### Drop-In Computer Lab

The senior computer lab at the Troy Community Center is open for free drop-in use on Mondays and Wednesdays from 9:30 am - noon and on Fridays from 9:30 am-4 pm. In addition, two computers are available Monday-Friday from 8 am-5 pm in the senior reading room with Internet access but no printer.

### Free Computer Workshops & Open House

September 8-12, 1-3 pm each day  
See the Senior News for details

## Art and Music

All programs meet at the Community Center.

Acrylic and Oil Painting Lessons - Tuesdays from 1-3 pm.\*

Ballroom Dance Lessons - Wednesdays 1-2 pm. \$4 at the door.

Chorus - Fridays at 9:30 am, September - June. Free.

Harmonica Club - Mondays, 10-11 am, September - June. Drop-in. Free.

Harmonica Lessons - Mondays, advanced at 9 am and beginners at 9:30 am., Sept. - June. Free.

Heritage Concert Band - 1st and 3rd Wednesday at 7:30 pm. Free.

Line Dance Lessons - Beginners Wednesdays at 7:30 pm. Drop-in, \$3 at door.

Needlework Club - Tuesdays at 10 am. Drop-in, Free.

Painting Club - Thursdays 9-11 am. Drop-in, Free.

Piano Keyboarding Lessons - Monday mornings.\*

Pottery Classes - Monday and Tuesday evenings and Wednesday mornings.\*

Quilting Group - Wednesdays, 9 am - 4 pm. Free.

Square Dance Lessons - Beginner lessons Mondays 7- 8:15 pm. \$3.50 at the door. A new session begins Sept. 16 and new dancers are accepted through October 6. Call Myrna at 248.689.8256 for more information.

Tap Lessons - Beginners on Tuesdays at 2:15 pm, intermediate on Tuesdays at 1:15 pm.\* Call instructor Terry Slater for more information: 248.879.37321.

Woodcarving Club - Mondays at 8:30 am. Drop-in. Free.

\*Registration and a fee required. See the *Senior News* for details.



### Gift Shop Features Handmade Arts & Crafts

Over 100 local artisans 55 and older sell handmade arts and crafts at Creative Endeavors inside the Troy Community Center. Additional gift items are also available. Hours are 10 am-2 pm Monday-Saturday and 5-9 pm Tuesday and Thursday.

Consignments are now being accepted. Stop in at the store during store hours with a sample of your work or call 248.526.5145 for details.



## Annual Senior Craft Show at the Troy Community Center

Saturday, November 22 - 9 am - 3 pm

**Exhibitors:** There is a \$10 fee for one 6-foot table or a \$25 fee for one 12-foot table. Reservations are required. Space is limited. Specify if electricity is desired. Space is limited to one table per household. Only new handmade items may be sold. Register for Act #148925C (6 ft. table) or #148925D (12 ft. table).

**Buyers:** Mark your calendar. **Admission:** \$1 donation



New

### Anyone Can Paint

Join popular award-winning artist and television host Steve Wood as he shares his painting tips and techniques that will have you painting like an artist in the very first class. He demonstrates and paints right along with the class. An 11 x 14 completed painting will be accomplished by the end of the session. The painting will be a seascape with a large wave crashing onto rocks. Paint, brushes, canvas boards and all other supplies are included in the fee. Space is limited. Pre-registration is required. If interest is sufficient, a workshop will be offered on the second Thursday of each month, painting a different landscape each time.

**Location:** Troy Community Center

Act#	Day	Date	Time	Fee
145932A	Thur	Sept 11	1-3 pm	\$24
145932B	Thur	Sept 11	7-9 pm	\$24

### Cross Train Your Brain

Challenging your brain to novel experiences can grow the new pathways that will help retain your memory. Join us for games, puzzles, exercises and information. Betty Coven, PhD will facilitate this six-session program. **No class Oct 6.**

**Location:** Troy Community Center.

Act #	Day	Begins	Time	Weeks	Fee
145920E	Mon	Sept 8	12:30-2 pm	6	\$2

### Senior Speed Dating

**Tuesday, September 30 at 6:30 pm**

Men and women age 55 and older are invited to Troy's first senior speed dating event on Tuesday, September 30 from 6:30 - 9 pm at the Community Center. Men and women will have 5 minutes to chat before the men move to the next table. Afterward, appetizers and beverages will be served and participants may mingle freely. This event provides an opportunity for anyone looking for companionship or friendship to meet and socialize. Register by September 26.

**Fee:** \$10 per person.

**Men:** Act. #145901A

**Women:** Act. #145901B

## Volunteers

### Make a Difference!

Over 150 volunteers make an enormous contribution to the senior citizen program. If you would like to share your time and talent and would like more information, please call 248.524.3484 and ask for a senior program volunteer application.

#### Opportunities include:

- Computer Lab Instructors and Coaches
- Program Leaders
- Tax Counselors
- Information Desk/Hospitality Committee
- SHARP Home Repair Program (see below)
- Homebound Meal Delivery
- Creative Endeavors Senior Store
- And More!

### SHARP Home Repair

SHARP (Senior Home Assistance Repair Program), offered in partnership with the North Woodward Community Foundation, provides free home repairs for senior citizens and persons with disabilities. To make a request for service, call the Community Center at 248.524.3484.



New

### Troy Hearing Loss Support Group

#### Kick-Off Celebration September 10

Troy's new hearing loss support group will provide information, education and support for people with hearing loss in a comfortable and accepting environment. The group will meet on the second Wednesday from 6:30-8 pm at the Troy Community Center. Join us for the kick-off celebration on Wednesday, Sept. 10 at 6:30 pm in Room 304 featuring the 20 minute captioned video Unheard Voices and a demonstration of CART – real time captioning of what is spoken at the meeting. Refreshments will be served.

This group is for anyone with a hearing loss or anyone who cares about someone with a hearing loss. It is brought to you in part through a grant from the North Woodward Community Foundation. There is no charge and reservations are not required.

*Thank You*  
To Our Sponsors

Thank you to the following Adopt-Our-Senior-Center Sponsors:

**Health Alliance Plan**

**North Woodward Community Foundation**

**City of Troy Employees Casual for a Cause**

For information about sponsoring a senior program, visit Troy's website at [www.troymi.gov](http://www.troymi.gov) and click on Parks & Rec/Senior Citizens/Adopt-Our-Senior-Center.